

More Steps

By Anna Von Reitz



I just released an article about Spiritual Warfare and talked about renouncing evil versus resisting it, and here I find this wonderful quote which far more eloquently explains the situation, sitting in my inbox:

"There is a great difference between resisting evil and renouncing it. When you resist evil, you give it your attention; you continue to make it real.

When you renounce evil, you take your attention away from it and give your attention to what you want.

Now is the time to control your imagination and give your energy to what you want."

— Neville Goddard, *The Power of Awareness*

There are two great schools of thought and energy management -- one that teaches you to empty yourself and let go of your singular viewpoint of reality, so that you can better discern the universal truth, and one that teaches you how to activate your own mental-emotional powers. Obviously, the quote above comes from the second school and has immediate utility.

Long ago, 12,000 years ago and more, both schools were taught together, but because they have evolved as separate schools since then, they are not taught together now; this is lamentable, for truth without action is useless, and action without truth is equally crippled.

It seems that, once again, we have been dumbed down by those wishing us to fail--- and all by separating these two disciplines, so as to make them appear to be in competition, instead of revealing them as two necessary parts of a dynamic whole.

We must push beyond these superficial obstacles to integrate the discipline of our consciousness.

I have begun with the oldest, most fundamental practice, encouraging you to observe yourself and as you do, to realize that the body you observe walking and talking and prattling about, is not you, and even the mind within the body is not you.

If these externalized things were you, you would not be able to project your awareness of yourself to a location outside of your own body and be able to observe yourself speaking to friends, washing dishes, whatever you may be doing at the moment.

The fact that you can observe yourself means that you are not a sealed system of bones and blood and skin.

You are not limited to the constant dialogues occurring within your mind, either. You can, if you wish, tell yourself and any other voices which are received like radio signals, to be silent --- and you can relax into that silence. If you were really equivalent to your mind, you would not be able to silence this internal chatter.

As these simple exercises prove, you are not your body and not your mind, either. Any time that you can exercise your awareness from outside of a system, you have proof of two things --- there is a system, and you are not the system, even though you may participate in it.

You are in fact something else, a power sitting beyond either the physical or mental aspects of yourself that you project and manipulate as tools.

Now that we have determined what you are not -- not your body, not your mind -- we can proceed to equally simple exercises to prove what you are.

Being able to discern what you are and are not, is a first step toward finding the answers to all the other questions involved in "knowing thyself and knowing thine enemy."

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